Police car sounding its siren to signal closing time for pubs and bars along Bangla Rd became standard this week as the 9pm curfew on licensed venues serving alcohol, and allowing alcohol to be consumed on the premises, came into effect.

The forced early closing of night venues across the island was first rolled out last Sunday night (Jan 8), and made legal by Phuket Governor Narong Woonciew the next day.

Governor Narong formalised the ban with an island-wide order signed into effect late Monday (Jan 10). The ban was implemented under Phuket Provincial Order No. 143/2565, regulating the operation of venues under COVID-19 restrictions.

The order brought into effect the exact same requirements announced by the Centre for COVID-19 Situation Administration (CCSA) last Friday (Jan 7), when the ruling national authority declared the 9pm alcohol ban to be implemented in “Blue Zone” areas where tourism was deemed important.

The Blue Zones are found in 18 provinces. The remaining 69 provinces were handed down a complete ban on the sale of alcohol at any service venues, hence not including wholesalers and retailers.

Pubs, bars and other entertainment venues may open under the term “restaurants”, but only if they satisfy the SHA Plus (SHA+) requirements and the “Thai Stop COVID 2 Plus” COVID Free Setting operational requirements set out by the Ministry of Public Health.

All such businesses must be approved by the provincial communicable disease committee before opening as a restaurant, and even then they may serve alcohol and allow alcohol to be consumed on the premises only until 9pm.

Enforcing the same requirements as ordered by the CCSA in Bangkok, the provincial order gave business operators until Jan 15 to apply for the right to open their entertainment business as a restaurant.

The provincial order included the standard warnings that breach of the order may be deemed an offense under Section 51 of the Communicable Diseases Act B.E. 2558, which may incur a penalty of up to B20,000.

Violating the order may also be deemed a breach of Section 52 of the act, which may incur a penalty of up to one year in jail or a fine of up to B100,000, or both.

Breach of the order may also be punished under Section 18 of the Royal Decree on Public Administration in Emergency Situations, incurring a penalty of up to two years in jail or a fine of up to B40,000, or both, the order warned.

The order was even backdated, marked as effective from Jan 9, making the 9pm shutdown of venues along Bangla Rd and other areas across the island last Sunday night legal.

The order is to remain in effect until further notice.

While the 9pm ban on serving alcohol remains clear, the order to have pubs and bars in Phuket vetted before they are allowed to open has become an issue for provincial authorities as pubs and bars in Phuket...
COVID-lax pubs, bars warned

Ministry of Public Health Permanent Secretary Dr Kiatipoom Wongrachit delivered a stern warning to nightlife operators last Thursday (Jan 6). Photo: PR Phuket

PHUKET GOVERNOR Narong Woonciew last Friday (Jan 7) met with the Consul Generals and Honorary Consuls of eight countries to remind them that their respective citizens must adhere to the COVID-19 health and safety protocols in effect on the island.

Governor Narong met with the Consul General of Australia, Honorary Consul of Austria, Consul General of Venezuela, Honorary Consul General of Nepal, Honorary Consul of the Netherlands, Honorary Consul of Norway, Consul General of the Russian Federation in Phuket and the Honorary Consul of Switzerland.

Joining the meeting were Phuket Vice Governor Amnuy Pinsuwon, and Bhumikitti Rakraengsam, President of the Phuket Tourist Association.

Governor Narong gave an update on the COVID-19 situation in Phuket, detailing the rise in recent cases and the latest safety measures employed to combat the spread of the virus.

He then requested all the Consul-Generals and Honorary Consuls present at the meeting to ensure that their respective nationals currently on the island were fully aware and updated as to the safety measures and to make sure they were abided by.

Governor Narong added that any foreign nationals who test positive for the coronavirus or who are showing symptoms that place them in a high-risk category need to demonstrate social responsibility and seek treatment at an appropriate venue as designated by the Phuket Provincial Public Health Office (PPHO). This is standard policy for all Thai nationals, Governor Narong added.

He also reminded the foreign delegates that the wearing of a face mask in all public areas is mandatory as per Phuket Provincial order 622/2564, which states whoever leaves their residence, buildings, or vehicles in order to enter into a public place must wear a mask or cloth mask at all times.

Failure to adhere to the above will result in legal penalties and could impact the decision to allow the foreign national to remain in Phuket, the Governor said. Specifically anyone violating the wearing of facemasks in public spaces rule can face up to two years in jail and/or a fine of up to B40,000.

In response, the foreign envoys requested that additional vaccines be made available on a regular basis, to combat the spread of the virus, with a clear and accurate timeline as to when such vaccines will be accessible.

Additionally they requested that all information and updates on the regular testing set by Phuket authorities be sent to the consuls via a Line group to ensure the details can be disseminated to their respective nationals in a timely and effective fashion.
Two slain in market shooting

E scalating arguments over customers and setting the price of shrimps being sold sparked a shooting at a main fresh market in Phuket Town that left two people dead and three injured. Region 8 Police Deputy Commanders Maj Gen Wankai Ekkaphonphit and Maj Gen Naphawan Limsangrang explained the motive for the shootings at a press conference held at Phuket City Police Station in Phuket Town on Monday (Jan 10).

The press conference was held as the arrested – and now confessed – killer, Maneenop Meethong, was escorted to a meeting room on the second floor, where he was questioned by Region 8 Police Commander Lt Gen Amphol Buaraiphon.

Maneenop was arrested in his hometown of Hat Yai, in Songkhla province, last Saturday (Jan 8). He was brought back to Phuket to face charges on Sunday, the officers reconfirmed.

Maneenop has confessed to fatally shooting Sarayuth Thinsathan, 47, and Toi Limpananurak, 53, and injuring three other people at the Phuket City Municipality Fresh Market 2 on Ong Sim Phai Rd in the heart of Phuket Town at about 10am last Friday (Jan 7).

Maneenop, registered as living in Rassada, and the five people he shot were all shrimp vendors at the market. The vendors had shrimp stalls next to each other for many years. Often there were conflicting problems with setting the price of products and undercutting each other, the officers explained.

Frustration over customers and setting the price of products and undercutting each other, the officers explained.

On the day of the shooting an argument broke out between the vendors and the Maneenop’s wife, resulting in Maneenop going home to fetch his revolver and return to shooting the five other vendors. Maneenop fired “five to six times” before fleeing the scene in his black Toyota Fortuner, the officers continued.

Maneenop, 49, parked his car near the Laem Hin Pier in Rassada and boarded a passenger boat to the Bang Mad seafood raft off the east coast.

Maneenop fired “five to six times” before fleeing the scene in his black Toyota Fortuner.
Heartbroken man found drowned

P

cell recovered the body of a
33-year-old man from Sakon
Nakhon, in Chai Nat, after test
results for COVID-19, have been
dismissed as false.

Tritsanu Uthaipan, Assistant
Manager at the Kalima Resort, ex-
plained that the couple (names
withheld) had the left the hotel
without informing hotel staff
in order to have a second test to be sure of the
result for Omicron.

“After receiving the results from
their second test at the airport, the
couple themselves finally
reported in the news,” he
confirmed.

The couple had entered Phuket
under the Phuket Sandbox scheme, Mr
Tritsanu explained.

“After receiving the results from
their second test at the airport, the
hotel contacted hospitals and test
centres for tourists so they could
have a second test to be sure of the
results,” he said.

But every hospital and test centre
said they were full, and unable to
do the tests for the tourists,”
he added.

The couple themselves finally
organised to manage the Pawaenee
Clinic in Patong to take swab samples
and perform a second RT-PCR test,
Mr Tritsanu explained.

“We are waiting on the results of
that test now,” he said.

The couple were staying in their
room at the hotel, awaiting confirmation
of the test results and further
instructions from officials.

The inaccurate news of the couple
fleeing their hotel comes as Phuket
auton officials later
sent to Phuket to work.

That Mr Tossaphon had been involved in
any struggle or attack.

Mr Tossaphon had been working as a
nurse and lived with his employer,
Supachai Pew-ngam, who works for
Friend Car Group Co Ltd in Rassada,
Lt Col Kiattisak noted in his report.

Mr Supachai lives in Moo 7, Kathu,
where the deceased committed suicide due to
stress that he had broken up with his
girlfriend, who lives in Sakon Nakhon,
and his father had asked him to work
with Mr Supachai in Phuket,” Lt Col
Kiattisak said in his report.

He was finally arrested and fined
B2,000, and at last report was to be
deported.

Meanwhile, Phuket officials later
confirmed that Mr Tossaphon was last seen
riding his motorbike from his workplace at
the Kalima Resort, ex-

Mr Tossaphon had worked with
Mr Supachai “about six to seven
years ago.” He had moved home to Sakon Nakhon,
but came back to work after he broke up with
his girlfriend at the end of 2020, Lt
Col Kiattisak reported.

At 11pm last Friday (Jan 7), Mr
Tossaphon had called Mr Supachai,
but Mr Supachai did not answer that
call, Lt Col Kiattisak noted.

Then at 1:30am on Saturday (Jan
8), Mr Supachai called his father,
Tossaphon, and told him to
come pick him up because he wanted
to go home, and told his father that he wanted
to die, Lt Col Kiattisak added.

Mr Tossaphon was last seen riding
his motorbike from his workplace at 1:30am.

“No assumptions from inspect-
ing the scene, it is believed that the
deceased committed suicide due to

A SAMBAR DEER LEFT UN-
able to walk after a fall onto beach ac-
cess track at Nui Beach last Wednes-
day (Jan 5) has received treatment
and will be better within a week, a
wildlife veterinarian has confirmed.

Jirayu Ninawiroj, a Senior Vet-
erinarian at the Phuket Provincial
Livestock Office, arrived at the beach
access track early evening on Jan 5
for the injured deer to the morgue at Vachira Phuket
Hospital.

The injuries to the deer’s front legs
were not as serious as initially believed, and
the deer is already making a
recovery.

“The deer’s injuries were not
serious. The deer’s left foreleg was
better than we thought. It was only
sprained and it can walk up a short
distance to find food,” he said.

Mr Jirayu administered antibiotics
via anesthetic shots with the help of
locals and tourists.

“The second injection was to
treat the pain, swelling and inflam-
mation,” he said.

“The deer’s injury will be better in
about a week. The deer will be able
to walk back into the woods by itself.
But I will come back to check on it
if it does not get better,” he assured.

However, the deer was already
showing signs of a quick recovery.
Before Mr Jirayu had left the deer
had wandered into a local shock to
seek refuge.

Tourists at the beach who saw the
deer in distress provided whatever
assistance they could.

One tourist, Paisal Prathakwong,
was so shocked that he had broken up with his
girlfriend, who lives in Sakon Nakhon, and
his father had asked him to work
with Mr Supachai in Phuket,” Lt Col
Kiattisak said in his report.

Mr Tossaphon had been involved in
any struggle or attack.

Mr Tossaphon had worked with
Mr Supachai “about six to seven
years ago.” He had moved home to Sakon Nakhon,
but came back to work after he broke up with
his girlfriend at the end of 2020, Lt
Col Kiattisak reported.

The couple were staying in their
room at the hotel, awaiting confirmation
of the test results and further
instructions from officials.

The inaccurate news of the couple
fleeing their hotel comes as Phuket
auton officials later
sent to Phuket to work.

That Mr Tossaphon had been involved in
any struggle or attack.

Mr Tossaphon had been working as a
nurse and lived with his employer,
Supachai Pew-ngam, who works for
Friend Car Group Co Ltd in Rassada,
Lt Col Kiattisak noted in his report.

Mr Supachai lives in Moo 7, Kathu,
where the deceased committed suicide due to
stress that he had broken up with his
girlfriend, who lives in Sakon Nakhon, and
his father had asked him to work
with Mr Supachai in Phuket,” Lt Col
Kiattisak said in his report.

He was finally arrested and fined
B2,000, and at last report was to be
deported.

Meanwhile, Phuket officials later
confirmed that Mr Tossaphon was last seen
riding his motorbike from his workplace at
the Kalima Resort, ex-

Mr Tossaphon had worked with
Mr Supachai “about six to seven
years ago.” He had moved home to Sakon Nakhon,
but came back to work after he broke up with
his girlfriend at the end of 2020, Lt
Col Kiattisak reported.

At 11pm last Friday (Jan 7), Mr
Tossaphon had called Mr Supachai,
but Mr Supachai did not answer that
call, Lt Col Kiattisak noted.

Then at 1:30am on Saturday (Jan
8), Mr Supachai called his father,
Tossaphon, and told him to
come pick him up because he wanted
to go home, and told his father that he wanted
to die, Lt Col Kiattisak added.

Mr Tossaphon was last seen riding
his motorbike from his workplace at 1:30am.

“No assumptions from inspect-
ing the scene, it is believed that the
deceased committed suicide due to

A SAMBAR DEER LEFT UN-
able to walk after a fall onto beach ac-
cess track at Nui Beach last Wednes-
day (Jan 5) has received treatment
and will be better within a week, a
wildlife veterinarian has confirmed.

Jirayu Ninawiroj, a Senior Vet-
erinarian at the Phuket Provincial
Livestock Office, arrived at the beach
access track early evening on Jan 5
for the injured deer to the morgue at Vachira Phuket
Hospital.

The injuries to the deer’s front legs
were not as serious as initially believed, and
the deer is already making a
recovery.

“The deer’s injuries were not
serious. The deer’s left foreleg was
better than we thought. It was only
sprained and it can walk up a short
distance to find food,” he said.

Mr Jirayu administered antibiotics
via anesthetic shots with the help of
locals and tourists.

“The second injection was to
treat the pain, swelling and inflam-
mation,” he said.

“The deer’s injury will be better in
about a week. The deer will be able
to walk back into the woods by itself.
But I will come back to check on it
if it does not get better,” he assured.

However, the deer was already
showing signs of a quick recovery.
Before Mr Jirayu had left the deer
had wandered into a local shock to
seek refuge.

Tourists at the beach who saw the
deer in distress provided whatever
assistance they could.

One tourist, Paisal Prathakwong,
Key problems targeted

Phuket Governor Narong Weesniew is targeting a slew of problems in the hope of launching ‘ Sandbox V2’ so that tourism to Phuket may remain open and continue to generate much-needed income for people living on the island.

“The situation with COVID-19 cases increasing after the New Year’s festival may be a public concern, but I confirm there is no idea to close the island in any way,” Governor Narong said last Wednesday (Jan 5).

“Due to what has been carried out all along, there are two main issues, namely solving the problems of feeding the people, along with disease control,” he added.

“From the Delta era to the Omicron one, we have been able to control the disease to a satisfactory level before the new year, and at the same time also help with the economic recovery... The economic recovery is going well, but in the field of disease control, we have to think about how to live with COVID-19,” he said.

KEY PROBLEMS

Governor Narong last Wednesday also chaired a meeting at the Phuket Sandbox Operations Center to highlight key issues affecting tourists wanting to come to Phuket.

Vice Governor Pichet Pan- apong explained that four key issues were directly affecting tourists that the national government needs to attend to.

“The problem of delays in the approval of Thailand Pass for foreign tourists. There are not enough staff resulting in late approval,” was one key issue.

“The province [Phuket provincial government] proposes to bring to the Ministry of Interior to discuss with the CCSA the power to approve foreign tourists traveling into Thailand via Thailand Pass at Phuket Airport. This is currently not the jurisdiction of the Phuket Provincial Government. We need the integration of relevant agencies to establish a one-stop service centre and the people, budget, location and tools that must be able to work 24 hours a day.

“We also must establish a Call Center to answer all the problems of foreign tourists, which is beyond the potential and beyond the power of Phuket provincial government,” Vice Governor Pichet said.

The second problem was Phuket’s capability to conduct the second mandatory RT-PCR tests for foreign tourists. “This is not enough for the increasing number of tourists,” V/Gov Pichet said.

Action has already been taken to call in support from the Ministry of Public Health Region 11 office as well as hospitals and other private medical service providers to cope with the increasing load, he said.

“Five mobile lab vehicles will be coming. The first two mobile labs arrived on Jan 4, an additional 1,200 people will be tested for infection per day and we have adjusted the lab method to a full sample. We have also set up a call center to coordinate with SHA+ managers. An option is to increase the cost of the second PCR test, which should be an incentive for private hospitals to join and take more action to support us,” he added.

V/Gov Pichet also raised the issue of not enough hospital beds on the island for tourists who test positive. “The problem is that the Phuket Provincial Government does not have the power to approve more beds,” he said.

The fourth key issue was insurance companies not willing to cover expenses for tourists designated ‘Green’ patients.

“We propose that the CCSA prescribe measures for incoming foreign tourists that they must be insured with Thai insurance companies in order to solve the problem,” he said.

Not enough hospital beds

PHUKET GOVERNOR NARONG Weesniew has called on local officials to push the home isolation treatment “at home” policy for handling new COVID-19 infections as the Phuket health chief remains adamant that there are not enough hospital beds on the island to cope with the rising number of infections.

Governor Narong made the policy clear at a special meeting held at the new Phuket Provincial Hall last Sunday (Jan 9).

The focus is to be on organising treatment at home, in hotel accommodation or in “community isolation” centres in order to support hospitals in the treatment of “Yellow” and “Red” patients and to ensure the rising number of cases does not affect the treatment of other patients, Governor Narong said.

Dr Kusak Kukitiikoon, Chief of the Phuket Provincial Public Health Office (PPHO), said that Phuket does not have enough hospital beds to cope with the rising number of infections and that the infection rate was likely to increase significantly.

“The number of infected people in the group of foreign travelers has been continuously increasing, both in the form of Test & Go and Phuket Sandbox, as well as increasing in the number of infections in provincial areas,” he said.

“The infected persons were mostly in close contact with confirmed cases, attending joint activities or work in close contact with tourists or at tourist attractions,” he added.

“And there is a link to rising infections in the Test & Go group... Omicron has been found to be 66.3% of infections,” he said.

“The occupancy rate of patient beds has increased considerably. There is an insufficient number of beds to support the number of patients, but the mortality rate has decreased,” he added.

“The local quarantine rooms for the quarantine of high-risk contacts have become inadequate,” Dr Kusak added.

The PPHO daily COVID report for Monday (Jan 10) marked 468 new local infections of COVID-19, bringing the total local infections for the previous seven days to 2,241.

The report marked two ‘Red’ patients, 404 ‘Yellow’ patients and 175 ‘Green’ patients in care.

A further 712 people were at ‘hospitels’, as increasing in the number of infections.

The report for Jan 10 also marked that 2,536 hospital beds in total were available, 1,182 were occupied (46.38%).

Dr Kusak initially explaining the bed shortage on Jan 5. Photo: PR Phuket
Ex-employees working against you

**LEGAL MATTERS**

By Dr Paul Crosio of Silk Legal

**CONFIDENTIALITY**

Unlike the duty of non-competition, the duty of confidentiality normally survives the termination of the employment. During and after employment, the employee must keep confidential information and trade secrets obtained through his or her employment. Confidential information can relate either to the conduct of a business or its structure, and may include the identity of its suppliers, customer lists, pricing, marketing techniques, and trade secret formulas. The obligation does not extend to all information that is acquired during employment. For example, while an employee may not copy a written customer list, it is unclear if the ex-employee can use information about customers learned through day-to-day contact.

**INTELLIGENCE PROPERTY**

An employer owns the intellectual property created by an employee during employment if that employee has been hired for research or innovation. An employee is obligated to transfer the invention if it is the result of the work the employee is paid to do. To avoid the uncertain position concerning the ownership of inventions, and to avoid arguments regarding developments outside an employee’s scope of work, employers should put in place a written agreement covering the ownership of intellectual property. These types of agreements are typically called “Invention and Trade Secret Agreements.” There are several gaps in the rights provided to employers under general Thai law. To protect sensitive information and intellectual property, employers should require all incoming employees to sign an agreement dealing with confidentiality, inventions, and trade secrets.

**COMMUNICATIONS**

Without specific provisions, general employment laws in Thailand provide little relief for an employer who finds themselves in conflict with their former staff.

Paul Crosio is a Partner at Silk Legal & founding partner of Silk Advisory. He is a practising Australian lawyer with over two decades of corporate experience in turn-around management in Thailand and abroad.

Tourists return to Maya Bay

**MAYA BAY HAS REOPENED TO TOURISTS**

Tourists have returned to the beach at Maya Bay. Photo: Krabi PR

In order to be allowed to join a tour to visit the bay, which was closed for three years to allow the environment to recover from heavy tourism, people must register, download the app are in Thai language only.

Tourists are in line with the measures of the Ministry of Public Health, with temperatures checked before allowing them to join a tour to visit the beach, he added.

“Closing the bay for restoration has been a success because the ecosystem around the beach is better. A large number of Blacktip reef sharks have returned to Maya Bay,” Mr Pramote said.

Swimming in Maya Bay is strictly prohibited. In order to avoid the dangers of the Blacktip reef sharks, he added.

The opening of the bay is strictly under the measures to prevent COVID-19 in accordance with the measures of the Ministry of Public Health, Mr Pramote said.

All tour guides are in Thai language only.

Tourists have to wait in line with the measures of the Ministry of Public Health, Mr Pramote said.

All tour guides must be fully vaccinated and ensure there is no improper use.

The forthcoming Personal Data Protection Act also applies to the personal information of employees, customers, job applicants, and others. Employers should be aware of the impact the legislation has on their obligations to employees and have proper consent documents and policies which sets out the scope of monitoring.

In conclusion, a well-constructed employment agreement including specific references to trade secrets, confidentiality, and competition is crucial in today’s highly competitive industry.
Children prioritised for COVID treatment

BANGKOK

About 39 million purported patient records from Siriraj Hospital have been offered for sale on an internet database-sharing forum in what appears to be the latest hack of the country’s public health sector.

Authorities are investigating the post, which was on raidforums.com. The leak is said to include records of VIP patients.

There was no clear indication whether the person who offered to sell 38.9mn patient records last Sunday (Jan 9) really had such a huge trove of data.

However, the poster said a sample file was available and contact could be made through a Telegram app account. The price for the data was negotiable and it would go to only one buyer, the poster added.

The data supposedly comprises names, addresses, Thai IDs, phone numbers, gender details, dates of birth and other information. According to the poster, who used the name “WraithMax”.

“They have lower immunity from not having been vaccinated like adults,” Ms Traisue said.

Her comments follow reports that a couple in Non-thaburi province could not find a hospital that would immediately admit their 8-month-old grandchild for treatment. The child had been infected with COVID-19 by its parents and had a fever and low blood oxygen levels.

It was reported that hospital staff had told them to queue and wait their turn. Prayut had ordered the Queen Sirikit National Institute of Child Health to admit all COVID-19-infected children whatever the severity of their symptoms, and to advise hospitals nationwide on treatment for the young and the preparation of liquid favipiravir antiviral medication for them, the spokesperson said.

She also advised parents to avoid taking their children to crowded places and to be fully vaccinated against COVID-19 themselves, to reduce the chance of their youngsters being infected.

This came after the government confirmed last Saturday (Jan 8) it has prepared 120mn doses to be used as a booster shot as well as doses for children.

About 39 million purported patient records from Siriraj Hospital have been offered for sale on an internet database-sharing forum in what appears to be the latest hack of the country’s public health sector.

Authorities are investigating the post, which was on raidforums.com. The leak is said to include records of VIP patients.

There was no clear indication whether the person who offered to sell 38.9mn patient records last Sunday (Jan 9) really had such a huge trove of data.

However, the poster said a sample file was available and contact could be made through a Telegram app account. The price for the data was negotiable and it would go to only one buyer, the poster added.

The data supposedly comprises names, addresses, Thai IDs, phone numbers, gender details, dates of birth and other information. According to the poster, who used the name “WraithMax”.

“There was a large data leak concerning Siriraj’s patient records that has been offered for sale,” said Dr Sutee Tuvirat, an information systems security professional.

The data is said to include records of VIP patients, he said.

Most local hospitals still had no cybersecurity teams or chief information security officers who could monitor threats.
Plant-based menus good for business

Smarter Than You Think

SUSTAINABLY YOURS

Palmer Owyoung

It’s that time again for New Year’s resolutions, promises that we make ourselves to change the way we live our lives. According to a survey from 2021, the number one resolution is to exercise more, number two was to lose weight, and number four was to eat healthier. Unfortunately, a study published in the Journal of Clinical Psychology tells us that only about 46% of people who make resolutions are successful in keeping them.

Blue Zones

With that statistic in mind, instead of jumping onto the latest fad diet, why not try a proven lifestyle makeover that will not only help you to lose weight and get healthy, but could also help you to live longer?

The Blue Zones are five areas in the world that have a disproportionately large number of centenarians (people who live 100 years or more). However, not only do they live longer lives, but they live healthier ones as well, staying active well into their later years. The Blue Zones are Okinawa, Japan; Nicoya, Costa Rica; Sardinia, Italy; Ikaria Greece; and Loma Linda, California.

The diet is similar to the Mediterranean diet, which is scientifically proven to reduce the risk of heart disease, cancer, diabetes, Alzheimer’s, and dementia. Like the Mediterranean diet, it prescribes eating whole grains, fruits, vegetables, nuts, legumes, seeds, spices, and olive oil is preferable to butter. In addition to eating healthy, people from the Blue Zones have a good social network, have a clear purpose in life, and exercise regularly. While they don’t take supplements, read food labels or even eat the same foods, there are a few other things they have in common that we can learn from them:

1. Eat a 95% plant-based diet. They eat very little meat, on average just 50 grammes twice per week. To put that into perspective, an average burger weighs about 200g, and an average steak served in a US restaurant is 400g.
2. Eat whole foods. Blue Zones avoid processed foods, especially processed meats like bacon, salami and sausage, which the World Health Organization considers to be a type-1 carcinogen. Reduce dairy consumption. They generally eat little dairy which can be laden with fat, and sugar and is hard to digest for most people.
3. Drink moderately. Since mainstream culture in Blue Zones lifestyle, drinking one or two glasses of wine is allowed and even encouraged. The trick is to drink with food and friends. So, binge drinking alone is not allowed.
4. Snack on nuts. They avoid processed foods and eat a wide assortment of nuts, which are rich in nutrients, provide fibre and good fats.
5. Drink moderately. Since maintaining a good social network is prescribed in the Blue Zones lifestyle, drinking one or two glasses of wine is allowed and even encouraged. The trick is to drink with food and friends. So, binge drinking alone is not allowed.
6. Snack on nuts. They avoid processed foods and eat a wide assortment of nuts, which are rich in nutrients, provide fibre and good fats.
7. Shun sugar. They eat on average about 7 teaspoons, or about 28g, of added sugar a day.
8. Stop eating when you are 80% full. The Japanese call this hari hachibuu, the practice of not eating until you are full helps to prevent weight gain.
9. Eat fewer eggs. On average people in Blue Zones eat only about three eggs per week, and they come from free-range chickens that aren’t injected with hormones or antibiotics.

Flexitarians

While the number of people who are going vegan or vegetarian has increased exponentially, going from an estimated 1.3 million to 2.6 million in just the past four years, the total percentage of people remains relatively low at about 3% of the global population for vegans and 5% for vegetarians.

However, the number of people who are becoming flexitarian (people who occasionally eat meat or fish, but mainly eat plants) is growing even quicker, which means that plant-based diets are not just a fad and are here to stay. In fact, 47% of Americans consider themselves to be flexitarian, pescatarian, vegan or vegetarian, and two-thirds are cutting down on meat consumption.

Likewise, almost one-third of Europeans no longer consider themselves to be full meat-eaters anymore. The most commonly cited reasons people are eating less meat are for health, weight loss, animal welfare and the environment.

Plant-Based is Good for Business

A plant-based menu is not just good for the environment and your health, if you are a restaurant owner it’s also good for business. On average if you have a table of four Americans it’s likely that at least one will. So, offering plant-based options, even if your restaurant primarily serves meat, just makes good business sense as it allows friends who have different dietary requirements to dine together.

Many of the top restaurants in the world are beginning to offer plant-based cuisine. For example, Daniel Humm the owner of 3 Michelin Starred Eleven Madison Park in New York reopened with a vegan menu last year saying, “The current food system is simply not sustainable.” Likewise, Geranium in Denmark which is rated number two by the World’s 50 Best Restaurants has removed meat from the menu.

Phuket has also seen a surge of plant-based restaurants including the recently opened Soul located in Karen, owned by French restaurateur Adelaide Castano, Adelaide says, “80% of our guests are not vegan, but come just because they are curious about what plant-based cuisine tastes like.”

Palmer Owyoung is an environmental activist working with the Kamala Green Club and the Global Sustainability Hub.

Want to Talk to Phuket?

Contact: gm@classactmedia.co.th

Phuket News

SUSTAINABLY YOURS
PHUKET MUSIC SCENE

Moody Paul is well known in Phuket as a gifted Burmese Blues and Rock guitarist and singer, particularly in Patong where he played in the Moody Café for many years before COVID.

I can well recall watching Moody perform in Patong pre-COVID. I was spell-bound by the passion of his performances, particularly when he was playing Blues, a musical genre he clearly loved so dearly.

However, Moody had to return to his home when the pandemic started. Happily, he has now returned and is playing here again, all made possible financially by an online crowd-funding appeal run by his fans.

So Moody, tell me about your childhood in Myanmar.

I was born in 1974 in Hpa-An, the capital of the Karen region of Myanmar. I grew up in a Christian community where my father is still a pastor. I sang in the church when a child, but I was also interested in instruments like guitar and piano. My mother taught me how to play a three-chord song on guitar when I was just five years old and I soon learned to transpose songs naturally into different keys. When my grandfather saw how much I loved to play guitar, he bought me my own acoustic guitar to practice with. Soon I was playing gospel songs in the church weekly.

How did you get the name Moody?

It was given to me by my grandfather when I was born. He wanted me to become as famous a preacher or pastor as the great American evangelist Dwight L. Moody.

When did you first hear Western music?

When I was a child I used to listen to my grandfather’s records by Chuck Berry, Elvis, Little Richard, Jim Breve, Muddy Waters, Aretha Franklin and Ray Charles. I developed a great love of Soul, Blues and Rock and Roll music early on that has stayed with me all my life.

When did you first start playing the Blues?

I first started when I was 12 years old. I loved to improvise and soon learned to compose my own Blues songs. It was all so exciting and so much fun.

So how did you end up playing in Phuket?

I first started in Thailand in 1992 playing in Bangkok. After that, I got a contract to play at the Saxophone Pub in Phuket in 2005 after the tsunami. Then I started playing in Moody’s Café in Patong until I had to return to Myanmar. I hadn’t seen my family for so long and I was with them again for nearly two years. Sadly, there is a political crisis there and a civil war has started. It’s a difficult situation.

You have had a difficult life. Has playing the Blues helped you?

As you know, a musician’s career here is not an easy one and my life in Myanmar has been very difficult. When my life has too many problems and too much hardship, playing the Blues makes me happy and I can forget my problems for a while. It’s truly therapy for me. Every time I play the Blues, I feel it so deeply inside of me and that means so much to me.

Has your relationship with your family and God changed since you chose to leave Burma and come to Thailand?

I wanted to grow up to be a pastor like my father, and so I learned to preach and bring people to know the living God. I also used to sing gospel songs in church. But one day, for good reasons and because of the difficult situation I was in, I left Burma to follow my dreams. I too became a black sheep of the family just like early Blues singers. I’ve been away from my family now for 20 years, and yes I’ve got the blues about that. I may have been tested by God, but I still believe that God is great.

So now you are back here again, how does it feel?

Wonderful! I kept walking by trust and faith. I believe in music. Music leads me everywhere. I had to get back so I could play the Blues again and it was so hard to do so, but finally with the help of my wife and friends, I’m here. My life is Blues, and the Blues is my life.

Andy Tong Dee is a local expat, musician and live music enthusiast. Follow him at www.phuketmusicscene.com
1. The volcano ‘Semeru’ that erupted last month is located on which Indonesian island?

2. Which Hollywood A-lister is the former mayor of Carmel, California?

3. What does the chat acronym TYVM stand for?

4. Which dinosaur, made famous in films and popular culture, is well known for having a large bony frill with three horns?

5. How many iPhones have been released, including “submodels” of the same release?

6. One with a capital on a fjord

7. Mythology

8. Departure

9. Abandon

10. More viscous

11. Panic button

12. Silver

13. Sarah’s ___

14. Game name

15. Trash container

16. Old Tokyo

17. Restrain

18. Calkins

19. Inflamed

20. Not extreme

21. Like old records

22. River of Lyon

23. Like old records

24. Choppers

25. Yellowfin, e.g.

26. Excluding

27. Asian buffalo

28. 1995 hurricane

29. Grand ___

30. Tide alternative

31. In case

32. Double curve

33. Worked the soil

34. Shrouf

35. Present

36. Cargo boat type

37. Tolerance

38. Cartoon art

39. Taking drastic measures

40. Clip

41. Alate

42. Hitchcockian

43. Foreign currency

44. Harvester ___

45. First place?

46. Cherokee and ___

47. Alate

48. Historian

49. Reverent

50. Like a snicker

51. Reverent

52. Like a snicker

53. Foreign currency

54. “___ or not...”

55. In reserve

56. Decrease

57. Decrease

58. Decrease

59. Decrease

60. Telephone button

61. Telephone

62. One with a ___

63. More viscous

64. Way to go

65. Tide alternative

66. Short musical pieces

67. Mythology

68. Anthology

69. Abandon

70. Textile worker

71. Down

72. 1. SALI concern

73. 2. Demand

74. 3. Best

75. 4. “You ___ bother!”

76. 5. Clip

77. 6. Capital on a fjord

78. 7. Grand

79. 8. Decrease

80. 9. Church donation

81. 10. Attack

82. 11. “My ___!”

83. 12. It comes to mind

84. 13. Sarah’s husband

85. 21. Potter

86. 22. River of Lyon

87. 23. Excluding

88. 24. Black gunk

89. 25. Black gunk

90. 26. Excluding

91. 27. Asian buffalo

92. 28. Black gunk

93. 29. Black gunk

94. 30. Black gunk

95. 31. Black gunk

96. 32. Black gunk

97. 33. Black gunk

98. 34. Black gunk

99. 35. Black gunk

100. 36. Black gunk

GOT YOUR NUMBER

2.84 percent of worldwide deaths are caused by intentional injury (war, violence, suicide, etc) – 3.15% of worldwide deaths are caused by diarrhea.

10 times more likely are Americans to be bitten by a New Yorker than a shark.

99.9 percent of germs are killed by hand sanitizer, while 0.1% of germs actually makes us sick.

385,000 babies are born around the world every day, according to the UN.

25 million US dollars is what Sony was offered to buy the rights to all Marvel characters in 1998. Sony rejected the deal, buying only the rights to Spider-Man for US$10mn, which they thought was the only character people would care about.

Source: Uberfacts
Friday Mussels night
6 PM onwards: Belgian style mussels served with French Fries. All you can eat. Your choice, Your style. Marinière, White wine, Provençale, Garlic & cream. Creamy curry, Blue cheese or Thai style. We have a kid’s playground zone. Adults: 350 baht P.P. Kids under 12 years old: 175 baht P. www.shakersphuket.com www.facebook.com/shakersphuket Oliver, Shakers restaurant 98/18 Vises Road, Rawai 83130, 081 891 4381

Saturday Brunch
Indulge in a buffet of fresh, chilled seafood and an unlimited selection of delicious a la carte creations from our talented culinary team. Enjoy beverage promotions, full pool access and live music. 1,685 baht per person. Every Saturday, 12PM till closing: 20% discount on all our pizzas We order. Beef, Pork, Chicken, Burgers, Ribs Sauces, Fish, Prawns & Squids, salad buffet and veggies, Choice of potatoes, cold and hot sauces, Bread, Buns & garlic bread. We have a kid’s playground zone. www.shakersphuket.com www.facebook.com/shakersphuket Oliver, Shakers restaurant 98/18 Vises Road, Rawai 83130, 081 891 4381

Sunday roast
12PM – 9PM: All you can eat Sunday Roast Buffet. Beef, Pork, Chicken & Lamb – Cauliflower, Broccoli, Peas, Carrots, Fried mushrooms, Grilled Tomatoes – Yorkshire pudding – Roasted Potatoes, Mashed Potatoes – Apple sauce, Gravy, Mushroom sauce, Horse radish, Mint Sauce. We have a kids playground zone. Adults: 350 baht P.P. Kids under 12 years old: 175 baht P. www.shakersphuket.com www.facebook.com/shakersphuket Oliver, Shakers restaurant 98/18 Vises Road, Rawai 83130, 081 891 4381

Pizza Monday
12 PM till closing: 20% discount on all our pizzas. We have a kid’s playground zone. www.shakersphuket.com www.facebook.com/shakersphuket Oliver, Shakers restaurant 98/18 Vises Road, Rawai 83130, 081 891 4381

Wednesday BBQ buffet
6 PM onwards: All you can eat BBQ buffet cooked to order. Beef, Pork, Chicken, Burgers, Ribs Sauces, Fish, Prawns & Squids, salad buffet and veggies, Choice of potatoes, cold and hot sauces, Bread, Buns & garlic bread. We have a kids playground zone. Adults: 350 baht P.P. Kids under 12 years old: 175 baht P.P. www.shakersphuket.com www.facebook.com/shakersphuket Oliver, Shakers restaurant 98/18 Vises Road, Rawai 83130, 081 891 4381

Postponed: Joint Chambers Australia Day Phuket Sundowners

Dear Members, Colleagues, & Friends of Skål Phuket
You are invited to join us for the 1st Skål Phuket Dinner of 2022 at Blue Tree Phuket from 18.00-22.00. Guest speakers include Daniel Steinke, Managing Director of Blue Tree Phuket & Bart Duykers, Area Director of BB&B Thailand. Become a member and connect with the biggest Travel & Tourism professional network. Skål Phuket offers you a wide range of benefits. contact@skalphuket.org, 080 376 7130.
The February/March 2022 hard copy issue goes to print very soon

Distributed in resorts/hotels lobbies, in a high number of restaurants and coffee shops, plus inserted in one issue of The Phuket News each month, it is a great way to Talk to Phuket.

Want to be in it?

CONTACT JASON TODAY – gm@classactmedia.co.th
Self-driving race cars zip into history

A RACECAR WITH NO- body at the wheel snaked around another to snatch the lead on an oval track at the Consumer Electronics Show in Las Vegas last Friday (Jan 7) in an unprecedented high-speed match between self-driving vehicles.

Members of Italian-American team PoliMOVE cheered as their racecar, nicknamed “Minerva”, passed a rival from South Korean team Kain doing nearly 115km/h.

However, organisers said the real victory was the fact that self-driving algorithms could handle the high-speed competition.

The race pitted teams of students from around the world against one another to rev up the capabilities of self-driving cars, improving the technology for use anywhere.

The single seat usually reserved for a driver was during this race instead packed with electronics. The students program the software that pilots the car by quickly analyzing data from sophisticated sensors.

The software piloting the cars has to anticipate how other vehicles on the course will behave, then maneuver accordingly.

“It plays out in milliseconds,” co-organiser Paul Mitchell said. “The computer has to make the same decisions as a human driver, despite the speed.”

In October, the Indy Autonomous Challenge (IAC) put the brakes on self-driving cars racing together to allow more time to ready technology for the challenge, opting instead to let them do laps individually to see which had the best time.

Now the IAC plans to organise other races pitting two cars against each other, with the hope of reaching a level where all the vehicles together.

Djokovic wins Australian visa case, set to play Open

W orld number one Novak Djokovic won a stunning victory over the Australian government on Monday (Jan 10), overturning the cancellation of his visa on COVID-19 health grounds, and ending his detention.

It was an extraordinary setback for the government, which has imposed strict restrictions on its borders for the past two years to stop the spread of the coronavirus.

In an emergency online court hearing, the judge ordered that the decision to cancel Djokovic’s visa “be quashed”.

The judge ordered that the unvaccinated tennis superstar “be released immediately and forthwith from immigration detention”.

Australian taxpayers will be asked to pay costs for Djokovic’s high-powered legal team.

“Novak, Novak, Novak,” chanted dozens of fans of the nine-time Australian Open champion as they marched in celebration, drums banging, outside Melbourne’s federal courthouse.

The 34-year-old Djokovic had arrived in Melbourne on Jan 5 ahead of the Australian Open, which starts on Monday (Jan 17), hoping to win a record-breaking 21st Grand Slam title.

But even as he savours an extraordinary win in the federal court, his tournament dream may yet be out of reach.

The government’s lawyer told the court that Immigration Minister Alex Hawke may decide to use his “personal power of cancellation” despite the player’s legal victory.

After touching down in Australia, Djokovic was taken into an overnight interview with border agents, who decided the champion had failed to present a solid medical reason for not being jabbed.

Djokovic’s visa was revoked and he was moved to a notorious immigration detention facility pending deportation.

He spent four nights in the form Park Hotel, a five-sto- ry facility that holds about 32 migrants trapped in Australia’s hardline immigration system — some for years on end.

An early plea by Djokovic to be moved to a facility where he can train for the Australian Open had fallen on deaf ears, his lawyers said.

The court’s finding, read out in an online hearing, said the player was not given the chance to reply fully before his visa was torn up.

In the early hours of Jan 6, Djokovic was told he had until 8:30am to reply to the proposed cancellation of his visa. But instead, the border agent cancelled it at 7:42am.

Djokovic been given until 8:30am as first promised, “he could have consulted other- ers and made submissions to the delegate about why his visa should not be cancelled,” the judge said.

Though it had no bearing on his court case, Djokovic’s claim of a positive test on Dec 16 stirred controversy after he was pictured at a young players’ event the following day where no one was wear- ing a mask.
FA Cup sparkles during weekend of high drama

FOOTBALL

Ben Tirebuck
editor3@classactmedia.co.th

The FA Cup is celebrating its 150th anniversary this year and last weekend proved the most revered cup competition in world club football has lost none of its magic with a number of upsets emerging from a series of pulsating games.

The pick of the ties was Cambridge United, who ply their trade in the third tier of English football, conquering Newcastle of the Premier League, a classic example of the underdog triumph.

Cambridge are world-renowned for its University but it was their players who gave the multi-national team of multimillionaire superstars from Newcastle a footballing lesson in their own back yard last Saturday (Jan 8).

Cambridge thoroughly deserved their win, demonstrating on the day crucial elements that are often overlooked in the modern game: passion and hard work.

Joe Ironside, a striker who grew up idolising Magpies legend Alan Shearer, scored the winner in the 1-0 win, prompting delirium among the 5,000 travelling supporters.

The fact that Newcastle are now the richest team in world football following the recent takeover by a Saudi-led consortium only compounded the embarrassment and means focus now turns completely to ensuring the club stay in the top division this season.

There were upsets elsewhere as Kidderminster Harriers, the lowest-ranked side left in the competition, produced a remarkable performance to beat Championship side Reading 2-1. The Harriers will host high-flying Premier League side West Ham United in the next round after the Hammers breezed past Leeds United in their tie.

Non-league Boreham Wood overcame League One AFC Wimbledon 2-0 to progress, securing £82,000 (B3.8 million) as a win bonus in the process. “This is massive for the club,” said manager Luke Garrard afterwards, whose side travel to Bournemouth next round.

Cambridge United players and staff celebrate their historic FA Cup victory against Newcastle United at St. James’ Park last Saturday (Jan 8). Photo: AFP

The fairytale nature of the Cup was epitomised at Hartlepool as teenager Joe Grey came off the bench to score the winner as the League Two team came from a goal down to stun Championship side Blackpool 2-1.

Arsenal, who have won the competition a record 14 times, were beaten by Nottingham Forest at the City Ground and Huddersfield Town overturned Premier League strugglers Burnley 2-1.

Most of the other Premier League teams managed to navigate their respective ties relatively easily with Manchester City, Manchester United, Chelsea, Liverpool, Spurs, Wolves, Brighton, Crystal Palace, Everton and holders Leicester City all progressing.

Standing out in the fourth round include Kidderminster’s game at home against West Ham, an East Midlands derby as Forest host Leicester, Cambridge hosting Luton Town and European Champions Chelsea entertaining League One Plymouth Argyle, who managed to beat Championship side Birmingham City 1-0.

The pick of the ties was Wednesday (Jan 12). Gerrard played with Coutinho at Liverpool and believes the playmaker will have a big impact on his return to the Premier League.

“His presence will be invaluable, given injuries and the AFCON tournament have reduced our attacking options,” Gerrard told Villa’s website on Monday.

“His quality and experience is a big impact on his return to Aston Villa will benefit from his quality and experience.”

Villa have signed Coutinho on loan for the rest of the season and have the option to buy him in the summer.

Barcelona confirmed Villa will pay part of Coutinho’s wages as he returns to the Premier League four years after leaving Liverpool.

Coutinho joined Barcelona in 2018 in a deal worth £146 million ($16.6 billion), but he has struggled at the Nou Camp and spent 2019-20 on loan at Bayern Munich.

He becomes Gerrard’s first signing at Villa since joining from Rangers in November to replace Dean Smith.

Villa have also agreed personal terms with Everton left back Lucas Digne although the cost of the transfer has yet to be decided. AFP

Root praises England’s character in tense Test draw

CRICKET

ENGLAND SKIPPER JOE ROOT praised his battered team’s character to stave off Australia’s victory push and hold on for a gritty draw in Sydney last Sunday (Jan 9) as injured wicketkeeper Jos Buttler prepared to fly home.

Old stagers James Anderson and Stuart Broad batted out the final two tense overs to give the beleaguered tourists a fighting draw and deny dominant Australia a fourth straight Test win in the lopsided series.

It comes after England meekly surrendered the Ashes, heavily losing the first three Tests inside 12 days amid bitter recriminations over the performances of the players, coaching staff and the captain.

But despite failing to pass 300 in any of their eight innings so far in the series, England, with nothing to play for but pride, saw the draw as a test of character.

“Relief is the overwhelming emotion to you,” he said.

“I think everyone has done that this series it is really important you front up to them. When you find yourself out of the series it is really important you front up and time again show how much it means to you,” he said.

“I think everyone has done that this week.”

Root singled out the performances of injured pair Ben Stokes and Jonny Bairstow in helping their team get the draw.

Stokes, with a gutsy 60, his second half-century of the match, and first-innings centurion Bairstow’s 41 held up the Australian victory charge.

Team officials said that Buttler would head home after fracturing his left index finger.

Bairstow (right thumb) and Stokes (left side strain) will be further assessed and travel with the team to Hobart for the day-night fifth Test which starts today (Jan 14). AFP
A memorial game was held at the Alan Cooke Ground in Thalang last Sunday (Jan 9) to honour the memory of the ground’s founding father, who passed away on Dec 8.

A Rest of the World (RoW) collective eased to victory with a score of 205/4 and simultaneously the series lead (2-1) over Asia in game three of the 30-over, best of five series.

Following the recent passing of Alan Cooke MBE it was decided to create a yearly memorial match with the MBE trophy in his name at stake. The RoW side, boasting a handful of newcomers to Phuket cricket, put in a true team effort, with every player chipping in with either bat, ball or in the field. Many of the veterans in the team also managed to get some valuable runs and time in the middle, which will set them in good stead as they attempt to clinch the series this weekend against what is a very strong Asia team.

Asia opened the batting but RoW started very strongly with the ball. Newcomer Oliver Fitch (3/50) bowled exquisitely in his first cricket match in over five years, showing good pace, competitiveness and little mercy for young Ishaan Viswanathan (0), whose stumps were shattered by a Fitch thunderbolt before he picked up the key wicket of Manish Sadarangani (10) with a terrific caught and bowled effort.

Paddy Ledeboer (2/25) picked up a couple of wickets and is fast becoming a key all-rounder for the RoW while Jason Robertson (2/24) was of course excellent, as usual. Just when the Asian side had seemingly given up hope of posting a decent score, Mayur Deuskar (84*) strode to the crease to set his highest score to date, helping his team post a very competitive 204 all out, an excellent fightback after being 23-4 early on.

The RoW took to the crease, what little momentum Asia had picked up through Deuskar’s bat was quickly snatched right back by a rampant Gonzo ‘Fat Tony’ Van Blerk (50), who scored his first meaningful runs in living memory, for any team. ‘Fat Tony’ seemed to send anything that came his way past the bowler’s head with increasingly uncom-promising vigour. When he eventually fell for a swash-buckling 50, to an almost unplayable delivery from Pir Sami (1/40), the foundations had been laid and he left his opening partner Michael Flowers (60*) to anchor the rest of the innings and see his team home with 7 overs to spare.

Cameos from Ledeboer (32*) and Aidan Wood (16) came in late to join Flow-ers, the latter having earlier bowled the longest over in ACG history (16 balls). Wood made up for the rather expen-sive over nicely with the bat in his return to cricket after another lengthy layoff.

Game 4 takes place on Sunday (Jan 16) with a 10.30am start and should be a competitive affair with the series on the line. Full COVID-19 health and safety protocols will be employed at the ACG and spectators are welcome, with select food items, beverages and live sport available.

Phuket Cricket is always looking for new players so anyone interested please contact Phuket Cricket or ACG Phuket through their respective Facebook pages for more information.

**THAI TEENAGE STAR SUPPERGIRL ready for ‘Barbie’ in ONE showdown**

The 18-year-old high school senior, who switched camps recently, has been training at Marrak Force MMA in Bangkok to prepare for her strawweight Muay Thai bout against Vandaryeva at ONE: Heavy.

**CRICKET**

Curt Livermore

A memorial game was held at the Alan Cooke Ground in Thalang last Sunday (Jan 9) to honour the memory of the ground’s founding father, who passed away on Dec 8.

A Rest of the World (RoW) collective eased to victory with a score of 205/4 and took the “MBE” trophy and simultaneously the series lead (2-1) over Asia in game three of the 30-over, best of five series.

Following the recent passing of Alan Cooke MBE it was decided to create a yearly memorial match with the MBE trophy in his name at stake. The RoW side, boasting a handful of newcomers to Phuket cricket, put in a true team effort, with every player chipping in with either bat, ball or in the field. Many of the veterans in the team also managed to get some valuable runs and time in the middle, which will set them in good stead as they attempt to clinch the series this weekend against what is a very strong Asia team.

Asia opened the batting but RoW started very strongly with the ball. Newcomer Oliver Fitch (3/50) bowled exquisitely in his first cricket match in over five years, showing good pace, competitiveness and little mercy for young Ishaan Viswanathan (0), whose stumps were shattered by a Fitch thunderbolt before he picked up the key wicket of Manish Sadarangani (10) with a terrific caught and bowled effort.

Paddy Ledeboer (2/25) picked up a couple of wickets and is fast becoming a key all-rounder for the RoW while Jason Robertson (2/24) was of course excellent, as usual. Just when the Asian side had seemingly given up hope of posting a decent score, Mayur Deuskar (84*) strode to the crease to set his highest score to date, helping his team post a very competitive 204 all out, an excellent fightback after being 23-4 early on.

As the RoW took to the crease, what little momentum Asia had picked up through Deuskar’s bat was quickly snatched right back by a rampant Gonzo ‘Fat Tony’ Van Blerk (50), who scored his first meaningful runs in living memory, for any team. ‘Fat Tony’ seemed to send anything that came his way past the bowler’s head with increasingly uncom-promising vigour. When he eventually fell for a swash-buckling 50, to an almost unplayable delivery from Pir Sami (1/40), the foundations had been laid and he left his opening partner Michael Flowers (60*) to anchor the rest of the innings and see his team home with 7 overs to spare.

Cameos from Ledeboer (32*) and Aidan Wood (16) came in late to join Flow-ers, the latter having earlier bowled the longest over in ACG history (16 balls). Wood made up for the rather expen-sive over nicely with the bat in his return to cricket after another lengthy layoff.

Game 4 takes place on Sunday (Jan 16) with a 10.30am start and should be a competitive affair with the series on the line. Full COVID-19 health and safety protocols will be employed at the ACG and spectators are welcome, with select food items, beverages and live sport available.

Phuket Cricket is always looking for new players so anyone interested please contact Phuket Cricket or ACG Phuket through their respective Facebook pages for more information.

**THAI TEENAGE STAR SUPPERGIRL ready for ‘Barbie’ in ONE showdown**

The 18-year-old high school senior, who switched camps recently, has been training at Marrak Force MMA in Bangkok to prepare for her strawweight Muay Thai bout against Vandaryeva at ONE: Heavy.

**MMA**

THAI TEENAGE STAR SUPPERGIRL Jaroonsak Muaythai is ready to take on Ekaterina “Barbie” Vandaryeva in what will be her second appearance in ONE Championship in Singapore this evening (Jan 14).

The 18-year-old high school senior, who switched camps recently, has been training at Marrak Force MMA in Bangkok to prepare for her strawweight Muay Thai bout against Vandaryeva at ONE.